

Nutrition Project

Group Members: _____

Family Type: 2 adults, 2 15-year old

Task One: Your group needs to make a shopping list on lined paper of groceries you would need for a weeks worth of food to feed a family of four (include individual & TOTAL prices).

Task Two: Your group needs to make a detailed poster of the meals your family will be eating for the full seven days. Be as creative as you would like. (i.e. pictures, dollar amounts per day, total dollar amounts, pictures of foods, # of food groups etc.)

Task Three: Your group will present your menu and poster to the class explaining how you fed your family for the seven days and how you stayed within your budget.

Requirements

- Each group will be required to stay within a budget of **\$140** for one week's food items.
- Menus must meet the daily nutritional requirements identified in the Food Guide Pyramid (page 124).
- Menus should include a variety of foods
- Leftovers should only be used occasionally & if viable
- Menus should include breakfast, lunch and dinner. Snacks and other items are up to your group's discretion.
- No fast-food can be utilized